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AUTHOR Drexler, Nora L.
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ABSTRACT

This educational program on drugs and alcohol provides a "No-Use" message to students. The curriculum maintains that alcohol, tobacco, and illicit drugs are unhealthy and harmful, and that society's laws and values are to be respected. The lessons build students' resistance to influences that encourage drug abuse and they promote safe, healthy, and responsible attitudes while correcting mistaken beliefs and assumptions about drugs and alcohol. Lessons appear on 36 "Task Cards" which are intended to be used once a week during a traditional school year. The sequence and frequency with which these Task Cards are used, though, is at the instructor's discretion. Cards may be completed individually or in a group. Each card contains a benchmark (a one or two line goal for the lesson), a short message that the facilitator can present to the students, and an activity, all of which are age appropriate. If students work in groups, they are encouraged to create and display a team name, a pennant or banner with their team symbol, a license plate, a team motto or slogan, and a simulated 1-800 phone number. Cartoon characters with positive messages appear at the end of the publication and these can be awarded to students as incentives. (RJM)

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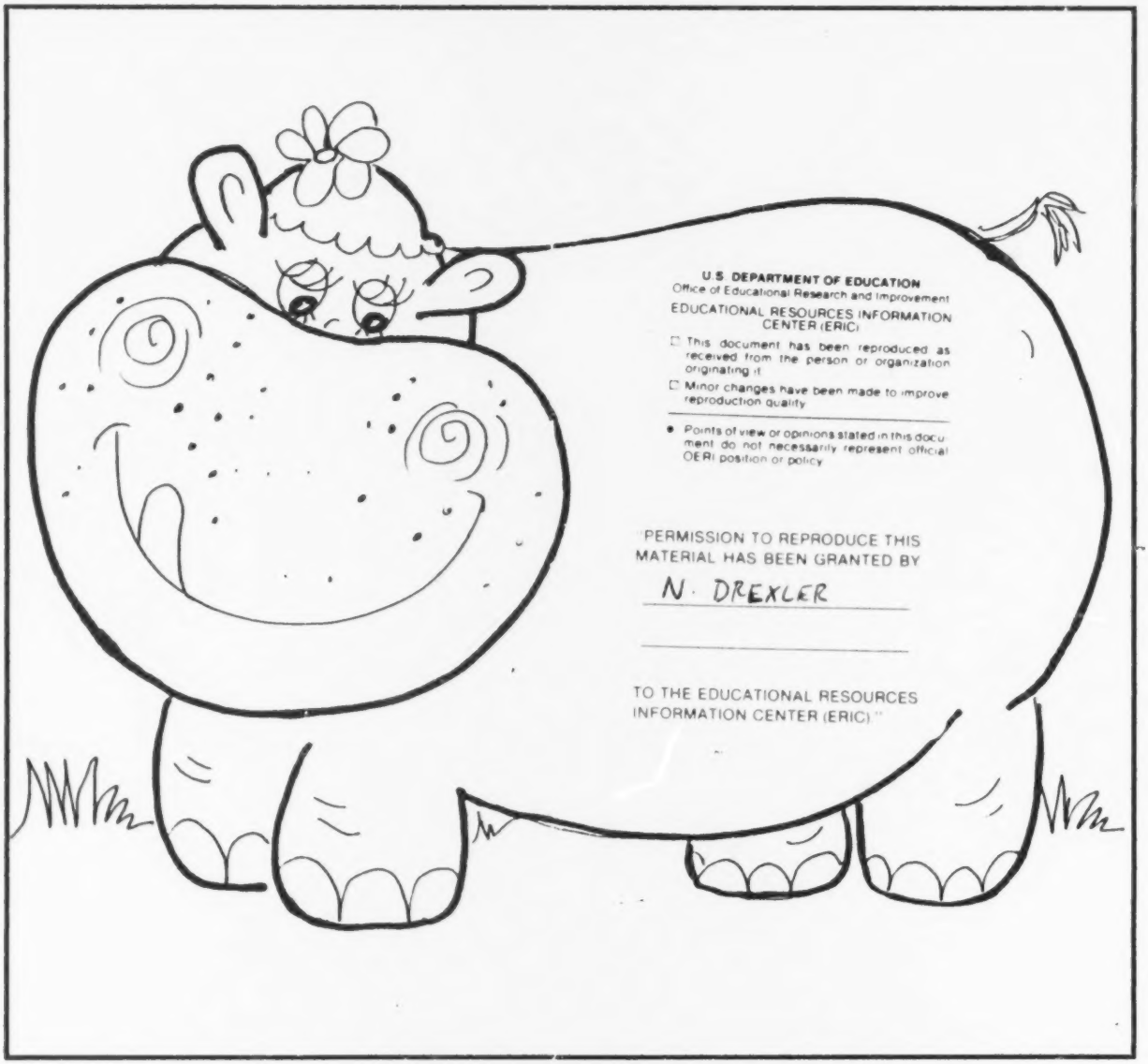
SPARKS EDUCATIONAL PROGRAMS

Smart People Act Responsibly to Keep Safe

DRUG AND ALCOHOL AWARENESS

FOR

Grade One



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Publisher of Educational Material

SPARKS EDUCATIONAL PROGRAMS

Drug and Alcohol Awareness Programs

Nora L. Drexler, the author and illustrator of SPARKS EDUCATIONAL PROGRAMS, received her M. Ed. from Gannon University and has received special training in Gifted Education from the University of Connecticut. She has taught regular and gifted education in Kindergarten through grade eight in Pennsylvania. Currently she teaches Gifted Education in the Millcreek Township School District in Erie, Pennsylvania. She has participated in the Governor's Lead Teacher Program in PA. She gives national and international presentations, and teaches new trends in computer technology. She implements cooperative learning, integrated curriculums and directs educational television programs for children.

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RATIONALE

SPARKS, (Smart People Act Responsibly to Keep Safe), is a nationally marketed, educational program brought to you exclusively by Drexler Associates, Inc. The "NO-USE" message in this curricula is clear, consistent, and positively communicated throughout this material. This program spirals in a continuous progression from kindergarten through grade eight and maintains that the use of alcohol, tobacco and illicit drugs is unhealthy and harmful, and that the laws and values of our society are to be respected. This program builds resistance to influences that encourage drug abuse, promotes safe, healthy and responsible attitudes, and corrects mistaken beliefs and assumptions.

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TO THE TEACHER/FACILITATOR

The lessons on the "Task Cards" in this publication are designed for use once a week, for a traditional thirty-six week school year. However, the actual sequence or frequency of these Task Cards should be at the discretion of the prevailing instructor, counselor or group leader in charge. The Task Cards could be completed individually or used in a cooperative learning, group situation. Benchmarks can be discussed orally and the facts can be written in a student notebook.

If students are working in small groups of three or four students, they should create and display their team names, a pennant or banner with their team symbol, a license plate (Example: WE-ARE-#1), a team motto or slogan, and a simulated 1-800 phone number, (Example: 1-800 -NODRUGS).

The teacher can assign "tangible" points to the teams in the form of buttons, popcorn kernels, perler beads, etc. contained in a jar or plastic, reclosable sandwich bag, or show points listed on a chart. Points can be administered by the teacher's discretion for accuracy, cooperation, quality work, creative answers, organization, participation, effort, extra drug and alcohol information or speakers brought into the class, etc. Winning team upon conclusion of the task cards, is the one with the most points. Students delight in seeing visible progress through the containers, and competition becomes more exciting each week.

Cartoon characters, from the Creature Feature Cards at the end of this publication, can be awarded to students in any quantity, in any fashion, for any reason, at the discretion of the group facilitator.

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To the Student: About Drugs and Crime

When drugs are prescribed by doctors and used wisely, they can ease pain and suffering, help fight infection and even cure diseases. But when drugs are not supervised by a doctor, not used wisely, or used by someone other than the person for whom the drug was prescribed, they can cause pain, suffering, illness and even death. Do not experiment with any drugs, medicine, alcohol or chemicals!

Sooner or later, you will probably come in contact with people who are using illegal drugs or alcohol or, who are selling or "pushing" this habit on others. You may be tempted to try the drug because of stories you have heard, of promises made by the "pusher," just from curiousity, or because of the pressure to do whatever your friends are doing. However, drugs will NEVER help you get better grades, will NEVER make you more popular, and will NEVER solve any problems that you may have.

Drugs and alcohol can cause you a lot of pain, make you very sick and even cause death. It may seem hard for you to say "No," but it is certainly easier to refuse drugs NOW, than to try to break the habit later. Be strong in your plans to stay clean and free from drugs, alcohol and crime. Don't hang around with other kids who get into trouble with the law, or who use drugs or alcohol. Stick with friends who respect the drug-free, crime-free choice. You must learn the facts about drug and alcohol abuse, and care about your body, your mind, and your future.

Crime is everybody's business! Preventing crime is everyone's duty. All citizens in our country have the responsibility of keeping themselves safe and their community safe. You also, share in this important responsibility. Laws of your state and city, as well as the rules within your home, school and community, were designed to keep you safe and help you grow up to be the best you can be. Obey the laws. Obey the rules. Encourage your friends to respect laws, rules and property. Whenever a crime is committed, everyone pays. Taxes go up, more money is spent to fix property, or to punish criminals, or to hire more staff to help protect innocent people. Think about it. This is money that could have been routed for other purposes such as health care, research for diseases, better parks, roads, education, inventions, space travel, etc. Whenever a crime is commited, someone is injured or rights are violated. Crime hurts everyone. It takes a long time to rebuild damaged property and fix broken lives. Everyone suffers. Everyone pays the price.

You and your classmates can help. Take steps to prevent crime. Follow the rules. Report law breakers or suspicious behavior. Be respectful of those in authority. Honor police officers and those who risk their lives every day so that you and your family can have a better life, without fear of intruders, vandalism, pollution, theft, or drivers on the road who are under the influence of alcohol or drugs. Perhaps, you, too, will choose a career in law, or law enforcement, to continue to help our citizens live and grow in a crime-free, drug-free environment.

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TASK CARD # 1

BENCHMARKS - The student should:

* Understand the term "addiction"
* Understand that drug users may not be able to stop no matter how hard they try

Facilitator:

Drugs are chemicals. People who use drugs can become "addicted". Addicted means to get "hooked on" drugs. All of you have had times when you found it hard to stop doing something when it was time to do something else, like stop playing outside and come inside to eat dinner, or stop watching TV and take your bath or shower.

Activity: Picture

Think of something that was hard for you to stop doing once you started. How did you get yourself to stop? Did you cry? Did you get angry? Draw the picture. Explain what happened.Just imagine how hard it is for drug users who want to stop the bad habit, but cannot do it alone.

TASK CARD # 2

BENCHMARKS - The student should:

* Understand that all people need one another
* Understand that it is especially important to help those younger, or older, or physically challenged
* Understand that people who receive love and support will probably not turn to drugs

Facilitator:

No one is perfect. No one knows everything there is to know. No one can do everything correctly. You need help from other people at times, and other times they may need your help. By not taking the time to help a small child, or an older person, or a person who may be blind or in a wheelchair, they may feel you don't care about them. People who feel loved, respected and needed will probably never think of using drugs or alcohol. Show others you care. In return, you may have a friend for life.

Activity: Picture

Think of a time you helped someone younger than yourself, or someone older. Draw a picture of yourself helping that person, or a disabled person. Show what you did and tell how you felt. How do you think they felt?

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TASK CARD # 3

BENCHMARKS - The student should:

- Understand that children whose lives are nice and clean and orderly, have better control over what happens to them
- Understand that minds can be in disarray too, and that use of drugs and alcohol contribute to confusion and indecision

Facilitator:

Drug abusers and law breakers have lives that are all messed up. Keep yourself and your belongings organized, and your mind will be organized, too! Think of something of yours that is very messy right now, like a toy chest, a closet, etc. Imagine what a person's brain must be like if drugs are taken! That person can't think, act or talk correctly, or make important choices and decisions.

Activity: Picture

Show something of yours that needs straightening up right now. Tell how it should look. Tell how you feel inside when everything around you is a big mess. Can you find anything? Are some things broken or destroyed because they were out of order?

TASK CARD # 4

BENCHMARKS - The student should:

- Realize that each life is precious and special
- Learn that drugs and alcohol abuse will ruin lives
- Set goals of what they hope to become or hope to accomplish

Facilitator:

Your life is special and precious. To abuse drugs or alcohol would spoil that beautiful life. Celebrate life. Celebrate your Country, especially on July 4th every year. Think of many reasons to stay healthy so that you can live a long and happy life.

Activity: Picture

Show the reasons you want to stay healthy in your picture. Include some life goals. What do you hope to become? Where do you want to travel? What do you hope to learn about?

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TASK CARD # 5

BENCHMARKS - The student should:

* Understand that drug usage and selling drugs are against the law
* That people who sell drugs are drug "pushers"

Facilitator:

To sell drugs and use drugs is against the law. It is a crime. People who sell drugs are called "pushers". Pushers and users can go to jail for a long time. Laws and rules are meant to help everyone and keep us safe. Follow the rules in your classroom and in your school building. Respect your teachers and the principal. They have studied hard and dedicated their life to helping students learn and grow.

Activity: Picture

Draw yourself with your teacher. Have a contest to see who can list the most reasons why your teacher is a good teacher.

TASK CARD # 6

BENCHMARKS - The student should:

* Understand that all living things need care and need to be kept safe
* Learn that alcohol and drugs affect all body functions

Facilitator:

All living things need air, water and food. Your pets need care and love. Be kind to all living things. Help, don't hurt living things. After all, YOU are a "living thing". Drug and alcohol abuse are ways that you would hurt yourself. The use of alcohol or drugs kills many brain cells and hurts many of your body parts inside and out.

Activity: Picture

Draw yourself completely alive - running, climbing, laughing, somersaulting, bicycling, etc. See how many other living things you can include in your picture. (Butterflies, birds, caterpillars, etc.)

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TASK CARD # 7

BENCHMARKS - The student should:

* Understand that happiness comes from reaching personal goals and doing community service
* Understand that drug and alcohol usage does not fix your problems or make you happier

Facilitator:

Happiness does not come packed inside drugs, pills, or alcohol. Happiness comes from the heart. Comfort a person who is hurting. Notice how good YOU feel!

Activity: Picture

Draw a picture. Show a time when you made someone feel better. Tell what you did and how this act of kindness made you feel better.

TASK CARD # 8

BENCHMARKS - The student should:

* Realize that people who take drugs or drink alcohol, think they can forget about their mistakes
* Realize that everyone makes mistakes
* Realize that we must forgive ourselves and continue to try harder

Facilitator:

If you make a mistake, forgive yourself. Pick yourself up and try again. Everyone goofs-up once in a while. The use of drugs and alcohol will not fix mistakes. Abuse will not SOLVE problems, just CAUSE more problems.

Activity: Role Playing

Show the last silly mistake you made. Act it out or tell about it. Can you think of funny mistakes people have made?

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TASK CARD # 9

BENCHMARKS - The student should:

* Learn that selling drugs and using drugs without a doctor's prescription is illegal
* Learn that alcohol use under the legal age in your state is against the law

Facilitator:

Using or selling dangerous drugs is against the law in our Country. Driving a car after drinking too much alcohol, is against the law. Laws of your country, state, and city are meant to protect people and property. If you break the law, you can go to jail for a long time. Be a builder. Build things up. Don't tear them down. How do you feel when someone breaks something that belongs to you?

Activity: Artwork, or Building Blocks

Build a dream in your mind that you have for the future of our country. Show it, build it or draw it.

TASK CARD # 10

BENCHMARKS - The student should:

* Learn that people who like and respect themselves, will probably not start the drug habit

Facilitator:

You won't be tempted to break the law or abuse drugs if you feel good about yourself. Share. Give gifts. Others will like you, if you like yourself. You will like yourself and respect yourself, if you give the gift of service to others.

Activity: I.O.U.'s

Gifts don't have to cost money. Make an "I-O-U" for someone you love. (Clear the dinner table, sweep the floor, do the dishes, take out the garbage...) Make an "I-O-U" to yourself. (Get more rest, eat foods that are good for you, etc.).

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TASK CARD # 11

BENCHMARKS - The student should:

- Learn that athletes may be tempted to use steroids
- Learn that steroids have many bad side effects

Facilitator:

Steroids are drugs that people in sports may be tempted to use to build their muscles and make them stronger or help them run faster. Steroids have side effects that can hurt different parts of your body. Steroid usage can be very dangerous. Obey the laws. Obey rules. Play fair in games and sports. Athletes who use drugs called steroids, to give them superior strength and energy, are thrown off their teams. They lose their trophies and medals, when judges learn of their illegal practice of using these drugs.

Activity: Picture

Just do your best when you play a game or team sport. Draw a picture showing your favorite sport.

TASK CARD # 12

BENCHMARKS - The student should:

- Learn that drug usage may lead to other serious crimes.
- Learn that drugs destroy peoples lives

Facilitator:

Housecleaning is important. "Houseclean" your mind, your body and your life. Be SPARKLY clean, inside and out, so that the world can see the neat person you are. Drug users and people who drink large amounts of alcohol, forget about the things that are really important in their lives. All they can think about is getting "high" again on the drugs they are using. They may lose their jobs, leave their loved ones, get angry and lose control of themselves or commit other crimes such as robbery, to get the money they need to buy more drugs.

Activity: Picture

Show yourself looking and feeling your very best.

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TASK CARD # 13

BENCHMARKS - The student should:

* Learn that students wrongly choose to use drugs because their friends try to convince them that it is safe
* Learn that students sometimes turn to drugs because they are afraid that their friends won't like them any more

Facilitator:

We all want other people to like us. It is a good feeling to be part of a larger group. We feel safe and happy. But when members of a group want you to do something you know is harmful, dangerous and against the law, you must be very brave and not do what they say. A true friend would never want you to injure yourself in any way or break the law.

Activity: Skit

Act out a time when other children wanted you to do something wrong, just to be a part of the gang. (Do not mention any names of the children involved.)

TASK CARD # 14

BENCHMARKS - The student should:

* Learn that beer, wine, and wine coolers are alcoholic beverages

Facilitator:

Many times we hear people say things like "It's only beer", or "It's just a wine cooler". Beer, wine and wine coolers are alcoholic drinks. People get drunk on beer, wine or wine coolers, just like people get drunk on whiskey or other alcoholic drinks.

Activity: Oral Presentation

Show or tell other bubbly or colorful beverages that would be fun and safe to drink. Who can think of the most things to drink that do not have alcohol? You're the winner!

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TASK CARD # 15

BENCHMARKS - The student should:

* Learn to focus on talents and strengths, not failures or inadequacies

Facilitator:

People who turn to abusing drugs and alcohol, may feel that they have failed in many areas. They did not do the things they had hoped to do. Don't compare yourself to others. Everyone has different talents and skills. You can't be good at everything. Focus on things you can do. Don't give up trying. Be happy for others when they feel special. Clap for them. Someday they will clap for you.

Activity: Picture

Show a picture of yourself doing something you are really good at doing. On the other side of the paper, show something you are working on, and improving a little each time.

TASK CARD # 16

BENCHMARKS - The student should:

* Learn that feeling good and staying physically fit, will help them to make healthy decisions

Facilitator:

Students cannot do good work if they are not feeling well. Fresh air, exercise, and eating the right foods will help you feel good all over.

It is hard to make the right choices if you don't feel well. It is hard to think and act correctly. People who abuse drugs and drink alcohol, starve their bodies and minds. They are not getting the vitamins and minerals they need to make their body and mind work properly.

Activity: Picture

Tell or draw all the things you do to get ready for a good night's rest. Show your dinner plate with your favorite foods. What do you think would happen if you ate sugar, candy, and desserts all day long, every day? Show what you like to do for exercise.

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TASK CARD # 17

BENCHMARKS - The student should:

* Learn that drugs and alcohol pollute your mind and body

Facilitator:

How do people pollute the land? The air? The water? Drugs and alcohol pollute our bodies. Drugs are like poisons that stop our body parts from working properly and then the body parts break down. Drugs kill many brain cells so that you con't think or reason correctly. Alcohol does the same thing. Alcohol and drugs are carried through your bloodstream to all other parts of your body destroying and polluting cells and organs.

Activity: Brainstorming

Your brain has its own electricity in it. Think of everything run by electricity in your house or apartment. What would happen if you lost electrical power to your house. What things would happen if your brain lost its "power" due to drug or alcohol usage? What would happen to your memory?

TASK CARD # 18

BENCHMARKS - The student should:

* Understand that cigarette smoking is harmful to your health
* Understand that cigarettes are addictive and contain nicotine

Facilitator:

Cigarettes have a drug in them called nicotine. This drug is addictive, which means you can't stop using it, no matter how hard you try. The smoke from the cigarette pollutes your lungs and harms the lining of your lungs. Many smokers get lung cancer. The best thing to do is not to start smoking.

Activity: Role Playing

Role play ways to say "NO" or refuse cigarettes if offered by another student. Make a list of all the dangerous things that can happen by handling lit cigarettes.

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TASK CARD # 19

BENCHMARKS - The student should:

* Understand that the human body is a fine tuned, intricate, precision instrument

Facilitator:

Let's think of as many things as we can that have tiny parts. Think of toys, jewelry, electrical things, craft materials, animals... Your body works like clockwork, until something is put inside of it that keeps it from clicking along in perfect rhythm. Just like you enjoy music, rhythm, and a steady beat, your body does, too!

Activity: Picture

What is your favorite tune? Show yourself dancing!

TASK CARD # 20

BENCHMARKS - The student should:

* Learn that a drug pusher is someone who sells drugs
* Learn that drug pushers may not look like villains at all, but can actually be another student
* Learn that drug pushers must be reported

Facilitator:

Many drug deals take place right before your eyes and you may not even realize it. A drug pusher does not usually wear a black hat and coat and carry a shiny dagger. Sometimes pushers are students your age. If you ever witness what you believe to be a drug sale, report it to a responsible adult such as a parent or teacher, right away.

Activity: Chart, Picture

Keep yourself safe, your family safe, and your whole community safe, by taking steps that will stop crime from happening. Fix broken windows, put your bike away safely, get street lights for dark areas, report suspicious behavior... Draw one of your good ideas to make your school or neighborhood safer.

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TASK CARD # 21

BENCHMARKS - The student should:

* Learn that drugs can be inhaled, swallowed or injected
* Learn that drug users may be using dirty needles that cause other diseases

Facilitator:

Drugs are used in many ways. Drugs can be sniffed, swallowed or injected with a needle. Needle use is especially dangerous because dirty needles cause other diseases which could someday cost you your life. Your body is like a fine tuned machine that must be constantly cared for and respected. Keep your body free from chemicals, drugs and alcohol that will harm it or destroy it.

Activity: Picture, Discussion

Design a new computer invention that will help with drug and alcohol abuse. Explain each part of your invention and what it does. Name your invention.

TASK CARD # 22

BENCHMARKS - The student should:

* Learn that drugs given by doctors, or over-the-counter drugs given by parents, are helpful and make you better

Facilitator:

Drugs given by a doctor or in a hospital, are medicines that will make you better. Drugs used in the right amounts, in the right places, for the right people can be very helpful. Your doctor may have given you medicine to take the pain away if you had been injured or had an accident.

Activity: Picture, Discussion

Show a hospital room with many toys and colorful things that would make your stay a happy one. Show a happy, kind doctor and nurse.

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TASK CARD # 23

BENCHMARKS - The student should:

* Realize that stress can be good for you
* Realize that stress can hurt you
* Realize that too much stress may make people use alcohol or drugs

Facilitator:

Abusing drugs and using alcohol, will not help you cope with stress in your life. Stress is something you feel when you are worried, concerned or anxious about things going on in your life. Everyone has stress, but some stress is good because it keeps you alert and "on your toes"! One way to cope with stress, is to get enough sleep so that you can think clearly, Your body needs a break!

Activity: Picture, Discussion

Draw a picture that shows an example of good stress, (playing a game), and bad stress, (forgetting your homework).

TASK CARD # 24

BENCHMARKS - The student should:

* Learn that humor reduces stress
* Learn that stress can be controlled without drugs

Facilitator:

Let's share as many of your favorite cartoon characters that you can think of. What are your favorite television shows that make you laugh? Why do you think humor, jokes, and fun make you relax? Why do you think humor helps you control stress?

Activity: Oral Presentation Picture

Tell about something really funny that happened to you. Draw or show a picture of your favorite cartoon character. Tell why the character is your favorite.

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TASK CARD # 25

BENCHMARKS - The student should:

* Understand that each person is unique and special
* Learn that they should not imitate wrongful behavior

Facilitator:

Each of us is very different and very special. Just as there are no two snowflakes alike, no two people are exactly alike. There is nothing wrong with being different! When other children are doing something wrong, such as drinking alcohol or smoking cigarettes, you must not do what they do. You might feel that they won't play with you anymore or that they won't be your friend, but you must be brave and not copy them.

Activity: Collage

Make a class collage. Tear or cut out magazine pictures or photos of children's faces from newspapers. Overlap each section carefully so that the background paper does not show through. Brainstorm all the ways children can be different (Glasses, freckles, missing tooth, braces, etc.)

TASK CARK # 26

BENCHMARKS - The student should:

* Learn that students who are addicted to drugs or alcohol should talk to a school counselor, family doctor, clergyman, or trusted friend

Facilitator:

Everyone needs someone to talk to when they have a problem. Perhaps you know an older student who is "hooked" on drugs or drinks alcohol. Students should go to a guidance counselor, family doctor, clergyman, or trusted friend, if they need to talk to a trusted grown-up.

Activity: Finger Puppets

Who do you go to, when you have a problem? Make finger puppets to show the people you turn to for help. Don't forget Grandparents and Aunts and Uncles are good listeners.

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TASK CARD # 27

BENCHMARKS - The student should:

* Know that alcohol abuse is a serious problem in our country
* Know that almost half of all highway deaths are alcohol related

Facilitator:

This half of our classroom will stand for a moment and this half will remain seated. This shows about half of our classroom enrollment. Did you know that almost half of all highway accidents are connected to alcohol? If drivers drive drunk, they may kill themselves, their passengers and people in other cars on the highway.

Activity: Clay Prints

One way you can help is to pledge never to drink alcohol or use drugs. Trace your hand on paper or in clay. Cut out the hand or write your name in the clay print. Think of a class oath all could take to promise to stay drug-free.

TASK CARD # 28

BENCHMARKS - The student should:

* Learn that students who use drugs or alcohol, may miss schookwork, get bad grades, lose friends or end up dropping out of school

Facilitator:

Students who use drugs or alcohol, may miss schoolwork, get bad grades, lose friends or end up dropping out of school. Can you imagine what would happen to you if you didn't attend school and graduate? You wouldn't be able to get a job, or have money to buy food, clothes or pay for a car or a place to live. School helps you in many ways...to learn about many things, many places, many people, inventions, numbers, the past, the present and the future.

Activity: Sticky-Note Surveys

What do you want to be when you grow up? Let's show the different jobs with a symbol. A doctor could be the "heart", a dentist a "tooth", a pilot an "airplane", etc. Using these large, sticky note pads, let's put each of your names on one sheet and post it under the symbol of your job choice. You need to stay in school to have the career you want.

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TASK CARD # 29

BENCHMARKS - The student should:

* Understand that there is nothing funny or silly about a person staggering around because he is drunk

Facilitator:

Have you ever seen a movie, TV show, a play or a cartoon that showed a drunken person who was wobbling or stumbling around? There is nothing funny about a drunken person. In fact, if you have ever seen people drunk, they act like total idiots. They are confused, act and say stupid things and smell like alcohol.

Activity: Picture

Think of your favorite, humorous TV show. What do you like about the show? Who are the characters? What do they do that make you laugh? Draw a new space-age television set and put yourself on the screen as the star.

TASK CARD # 30

BENCHMARKS - The student should:

* Learn that alcoholism is a disease for which there is no cure

Facilitator:

What is your most favorite toy? How would you feel if your favorite toy was broken and you found out it could never be fixed? What if your pet was injured and you learned that the doctors could never make it well again? How would you feel? There is no cure for alcoholism. Even if an alcoholic didn't drink at all for a long time, he would never even be able to taste alcohol again or he would risk living the nightmare of uncontrollable drinking once again.

Activity: Picture Discussion

Have you ever had something to eat or drink, and it was real hard to stop yourself from taking more and more? Popcorn, maybe? Ice cream? Halloween candy? Potato chips? Turkey? Draw a picture showing things you love to eat. What happens when you eat or drink too much? What do you think happens to people who drink to much beer, wine or alcohol?

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TASK CARD # 31

BENCHMARKS - The student should:

* Learn that smoking causes your lungs to turn black and the air to turn blue

Facilitator:

Watch me blow up this balloon. You have lungs inside your chest that expand like this balloon when you breathe in, and contract when you exhale, or breath out. Cigarette smoke coats the inside of your sparkly clean lungs with a black dirty film. This black material causes many diseases, including cancer, and makes it hard for your heart to pump blood.

Activity: Demonstration, Participation

Make a fist. Your heart is about the size of your fist and your heart must work very hard to pump fresh, oxygen-rich blood throughout your body. If your lungs aren't working properly, your heart is overworked and then heart problems can develop. You can feel the pressure of your blood moving throughout your body by feeling your "pulse". Place two fingers on the inside of your wrist. Can you feel your heart rate? Your heart is like the main computer key. It controls many parts of your body. Why would you ever want to break that main control button? You wouldn't!

TASK CARD # 32

BENCHMARKS- The student should:

* Learn that cigarette smoking is an expensive and messy habit

Facilitator:

Can you name some things that have a sour smell? A rotten or spoiled smell, a chemical smell, a moldy, musty smell? Used cigarettes, in the form of butts and the ashes, make an entire room smell awful. Cigarettes are an expensive habit, too.

Activity: Discussion

Money not spent on a dirty cigarette habit, could be spent in many good ways. If you had $300.00, how many things would you buy? What would you buy? What a waste of money, to buy something that you know will end up hurting you badly!

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TASK CARD # 33

BENCHMARKS - The student should:

* Know that tobacco was brought to the U.S. a long time ago by early settlers

Facilitator:

Cigarettes are filled with dried tobacco leaves. Tobacco was brought to our country by the early pioneers. Native Americans also grew tobacco. Cigarette and pipe smoking are not new problems for our citizens. Settlers owned large tobacco plantations, or farms, and sold this crop for a lot of money.

Activity: Project

Use a few popsicle sticks to make a pioneer's log cabin. Show the pioneers, a covered wagon or a settler's village. Tell the class the warning you would give the early settlers about smoking.

TASK CARD # 34

BENCHMARKS - The student should:

* Learn that both girls and boys can have drinking problems

Facilitator:

Can you think of sports in which you have a male hero? A female hero? Why did you choose this hero? Careers are also areas where both males and females can perform equally well.

When it comes to problems with alcohol or drugs, both boys and girls are at risk. Both boys and girls have the same problems that can cause them to turn to drugs or alcohol, thinking that getting "high" will make them forget about problems or escape them.

Activity: Scrapbook, Photo Sharing

Who is your hero? Show magazine pictures, newspaper articles or family photos and share your hero with the rest of the group. Create a scrapbook for the set of people your class admires.

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TASK CARD # 35

BENCHMARKS - The student should:

* Know that alcohol and drug usage can be linked to other crimes

Facilitator:

It costs money to buy alcohol and drugs. When someone becomes addicted, or "hooked on" drugs, they soon run out of money to pay for more drugs or more alcohol. They may steal money to pay for this habit. Now they are into another crime called "theft". This pattern can continue until they are robbing more and larger stores to get more and moré money, to buy more and more drugs or alcohol. What started as only one drink, or a one-time decision to try drugs, ends up with a sad, angry life and a jail sentence for doing many things that are against the law.

Activity: Demonstration

- Using dominoes or tall blocks, line them up on a level table, so that when each one falls, it will surely hit the next one in the line. Once all blocks are standing, tap the first dominoe gently, and watch the chain reaction. Allow students to try on their own. Explain that this is what happens when one mistake is made. It causes many others.

TASK CARD # 36

BENCHMARKS - The student should:

* Know that alcohol and drugs may make a person feel good or "high" at first, but when those feelings wear off, the user feels sick and confused.

Facilitator:

Did you ever eat and drink a lot of treats at a birthday party or at an amusement park? Wasn't it fun to taste all your favorite things at once? At first, didn't you feel really happy and excited? What happened later on? Did your stomach feel sick? This is a lot like using drugs. The drug or alcoholic drink may make you feel real good at first, but later, dangerous things can happen to your whole body, and you are feeling very sick. When you ate too many things at a party, you did get better the next day. When you take alcohol or drugs, you do not get better. The damage can never be fixed.

Activity: Discussion

Share with others times when you were sick or injured, but your parents, doctors or a hospital was able to fix it and make it better.

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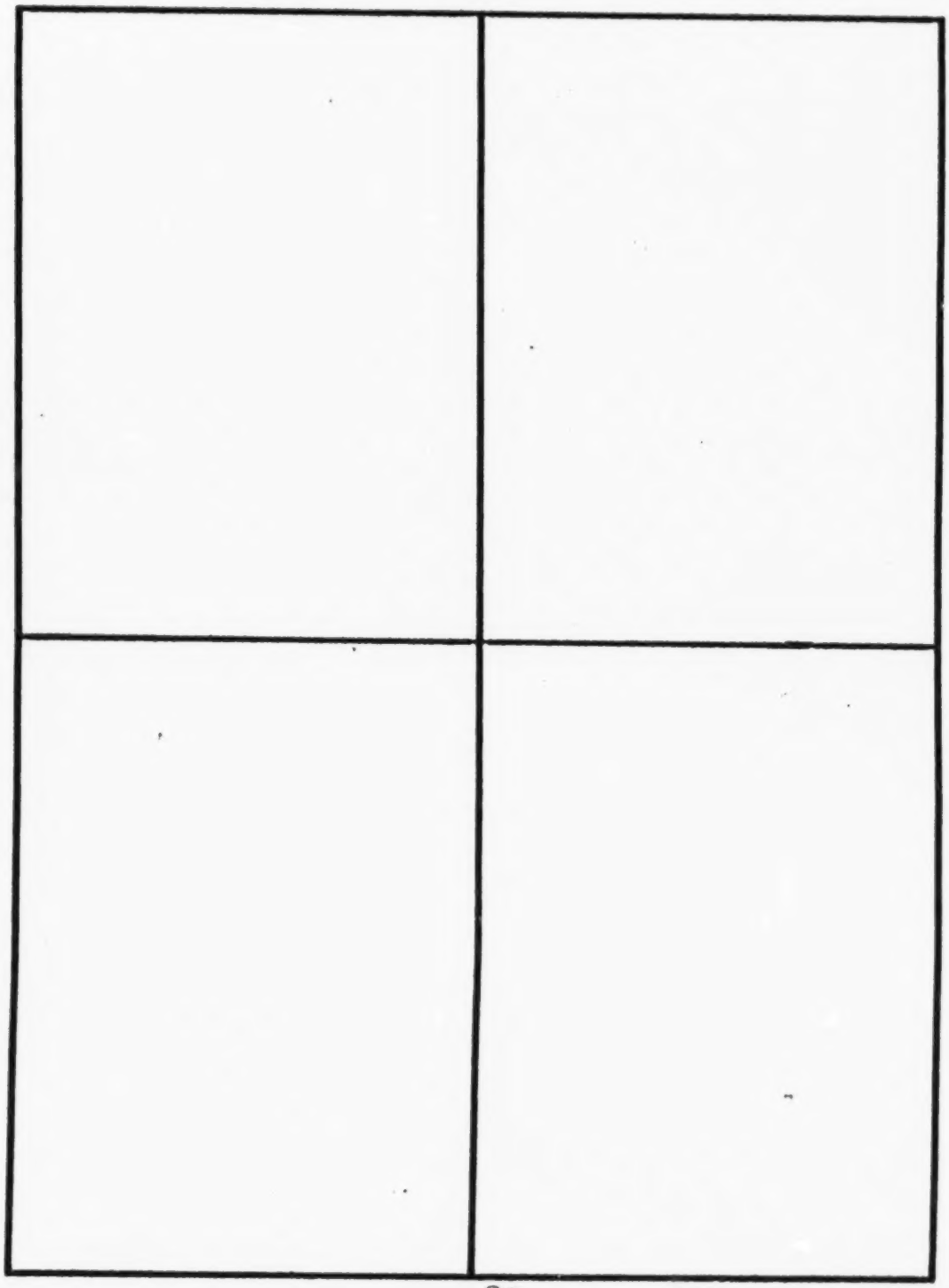
SCRAPBOOK

Duplicate many for student use.



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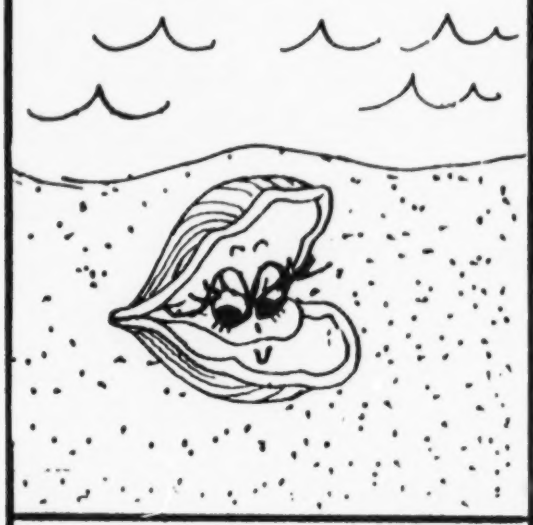
COUSIN TIME

'Cause in time, if you use alcohol, you could become addicted.



PAT TURN

Pattern yourself after this drug-free group.

DINA MIGHT

Dynamite kids are drug-free

MIKE KIND

My kind of kid! No cigarettes or beer!

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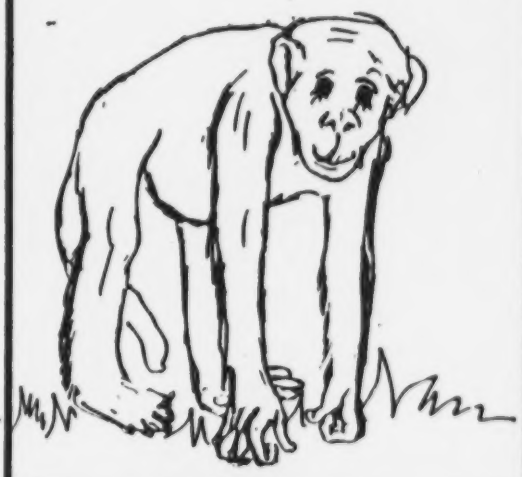
JESS THINK

Just think. You belong to a drug-free group.

CASEY FORGETS

Case he forgets, remind him that beer and wine are alcohol.



M. CATCHING

Am catching the spirit! Drug-free, that's me!

AUNTI PASTA

Antipasta salads, fruits and vegetables, keep you fit to say "NO" to drugs!

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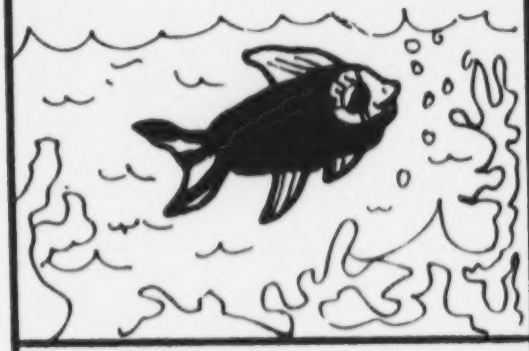
BUB LEE

Bubbly wine coolers may look like a soft drink, but are alcoholic



BEA GINNING

Beginning to understand that drivers can't drive drunk

KEN U. LEARN

Can you learn all the things about drug use?

ROSE SAND

Rows and rows of first graders who are drug-free.

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EILEEN OVER

I lean over backwards to help you stay alcohol free.

LEE DERZ

Leaders of tomorrow are the drug-free students of today!

SLY DINTA

Slide into home plate...drug-free!

HOWIE PULL

How we polluting the air? With cigarette smoke

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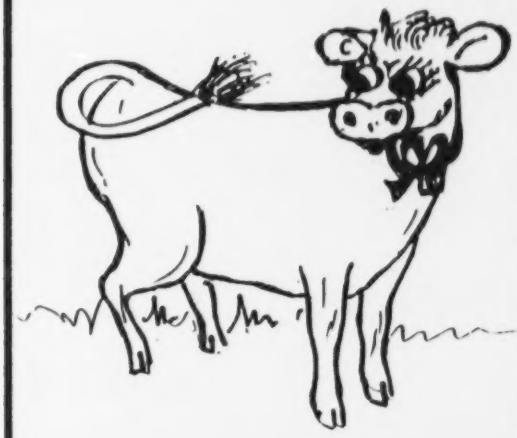
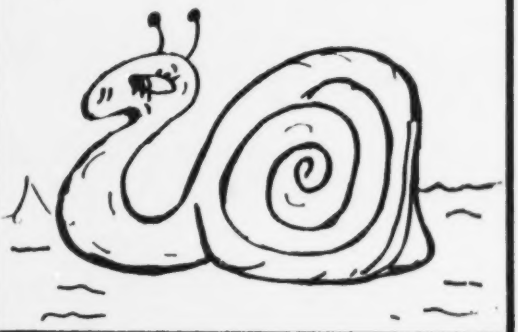
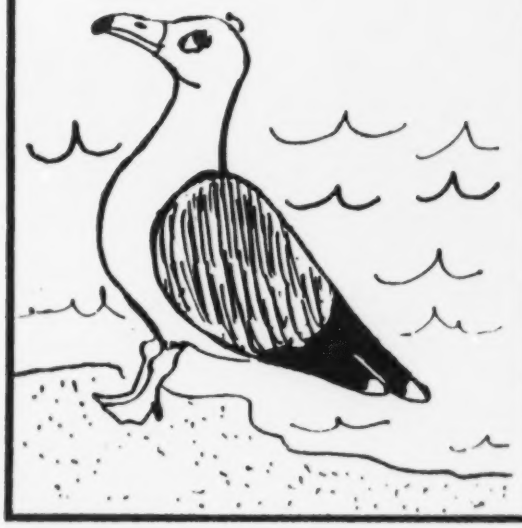
MAY NIDE
Main idea is to keep away from drugs and alcohol.



ABE BULL
Able to keep a drug-free future?



LES PEOPLE
Less people are trying cigarettes.



PAUL LOOT
Polluting your body with drugs is wrong

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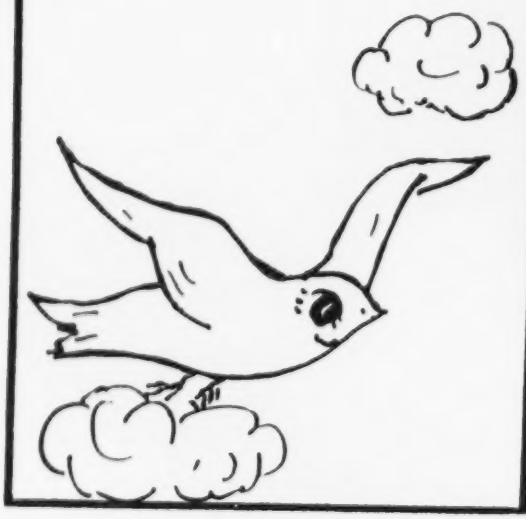
KARA BOUT
Care about your body and your life?
Refuse drugs!

NOAH WHEN
Know when to say "NO" to drugs.

GWEN R. WEE
When are we going to win the
War on Drugs?



ANN SURR
Answer me. Do you promise to have a
future free of drugs?

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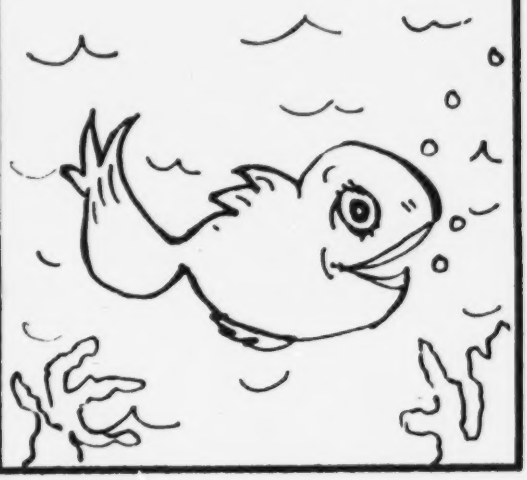
ELLA VATER
Elevator here only stops at drug-free floors.

DALE LEE
Daily reminder. You are Special. Don't ruin your life with drugs.

DARLING LITTLE
Darling little first graders saying "NO" to drugs.

DARREN HALL
Darin' all your friends to stay drug and alcohol-free.



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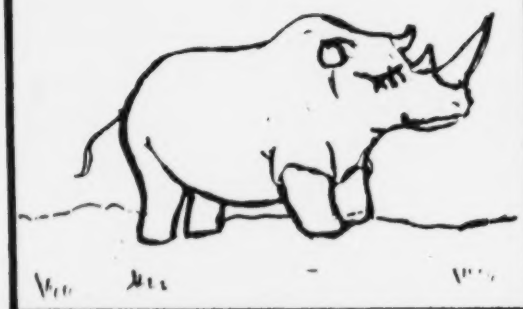
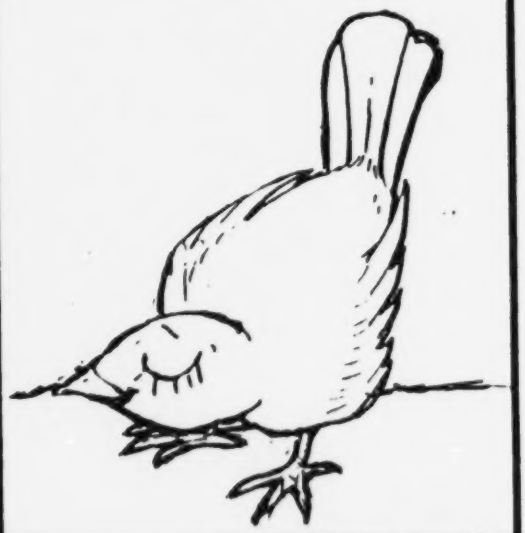
AL COHALL

Alcohol includes beer, wine and wine coolers.



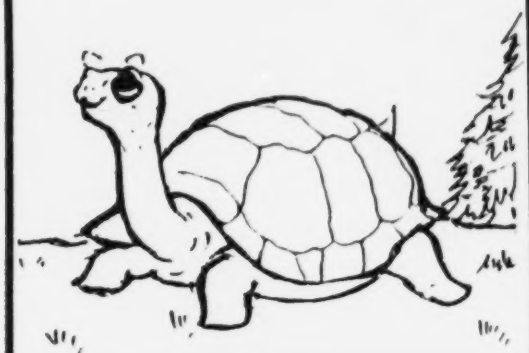
DORA BULL

Adorable group here pledging to be drug-free.



KERI NEWS

Carry news that you and your friends are alcohol-free.



TY RED

Tie red ribbons to wear for Drug & Alcohol week in October.

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RON FASTER

Run faster, jump higher when you are drug-free

DAN D. TIME

Dandy time to tell you that you're special!

BILL DING

Building a drug-free 21st Century

SNOW KIDDING

No kidding! We're drug-free forever!

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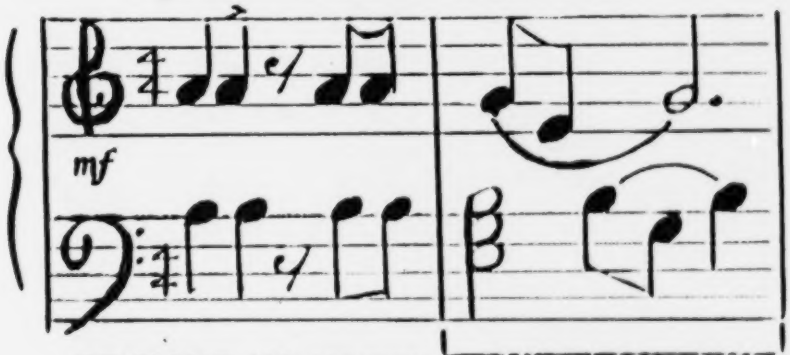
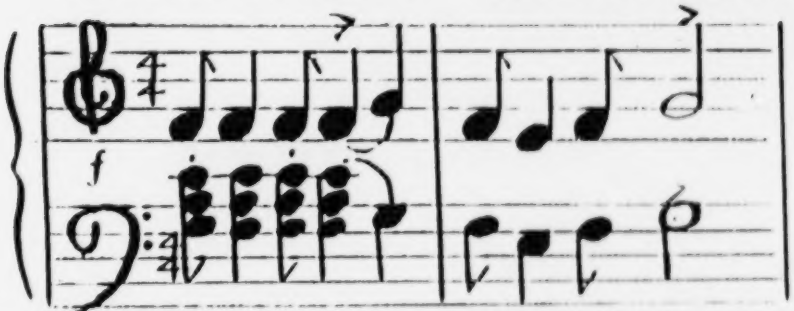
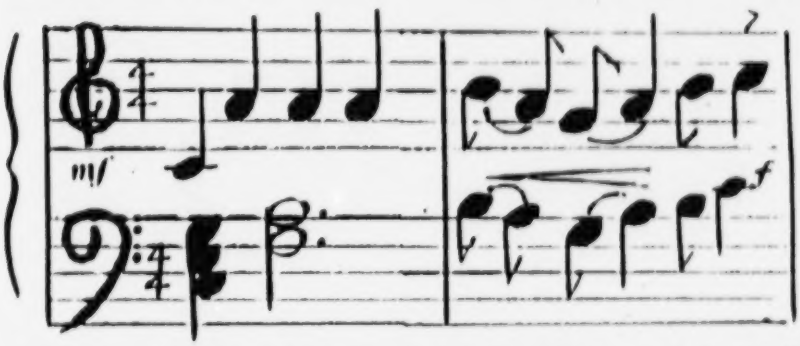
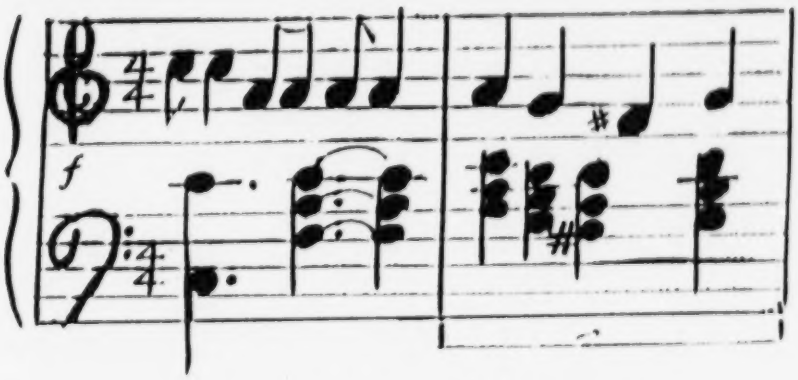
THEME SONG

Andante

SPARKS ARE THE KEY...

TO MAKE US HAPPY AND STAY DRUG-FREE!

WE'LL FOLLOW YOU AND BE YOUR FRIEND,

LET'S CHASE THE SUN AND FIND THE RAINBOW'S END!

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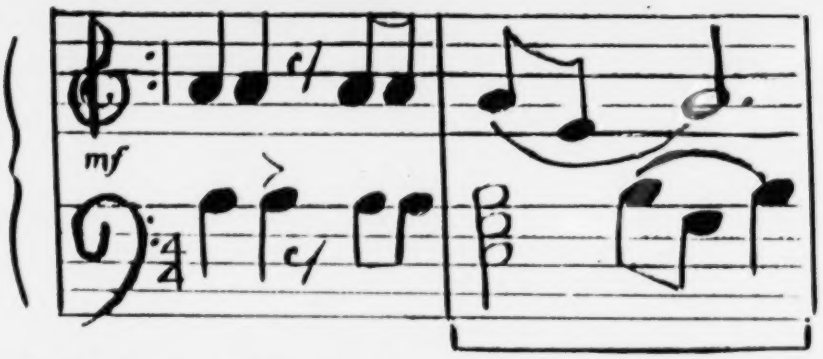
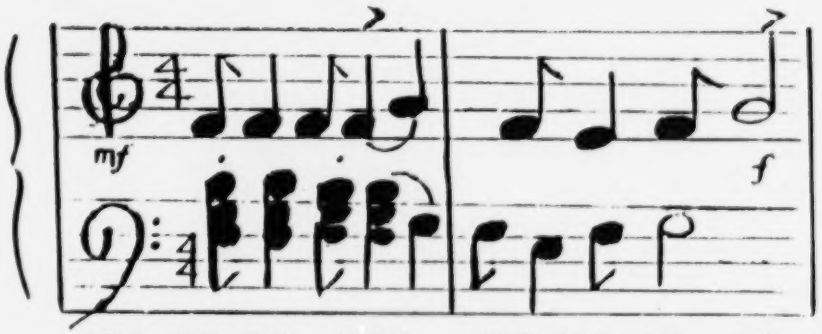
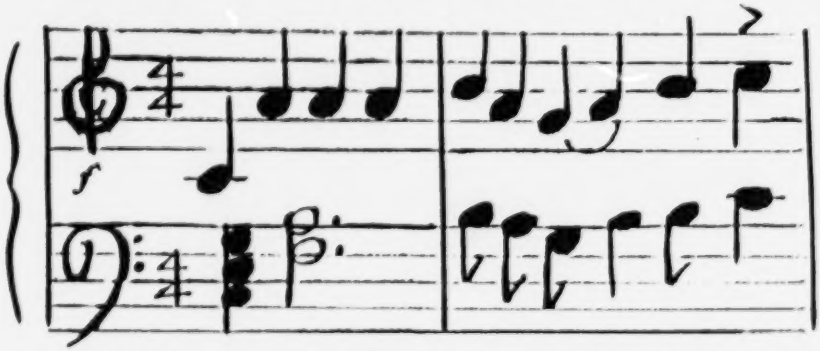
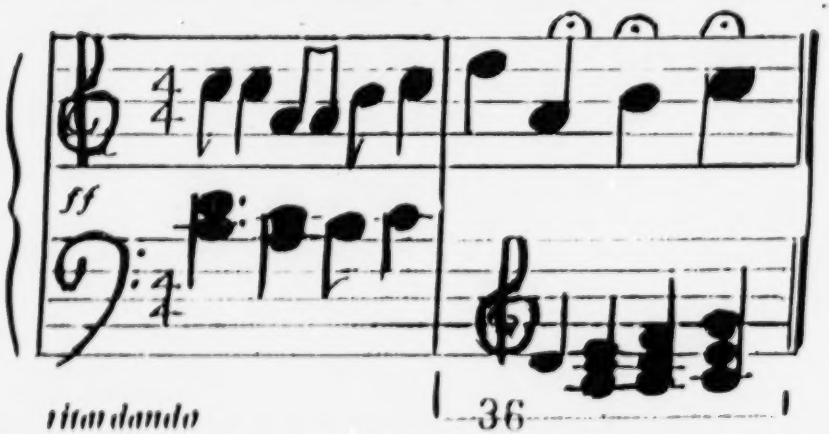
SPARKS UNDER STAND...

SO TAKE OUR HAND AS WE CROSS THIS LAND...

IT'S UP TO YOU AND IT'S UP TO ME...

TO MAKE THIS WORLD A BETTER PLACE TO BE!

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SPARKS DRUG AND ALCOHOL AWARENESS TEST FOR GRADE ONE

FACILITATOR READS TO STUDENTS. STUDENTS CIRCLE "YES", OR "NO", TO SHOW IF THEY THINK THE STATEMENT WAS TRUE OR FALSE.

1. Drug users may not be able to stop using drugs, no matter how hard they try, because drugs are addictive.
2. Drugs are chemicals.
3. You must take control over your life and your own body.
4. Setting goals for yourself will help you stay on track.
5. Alcohol and drugs will change the way you think and behave.
6. Alcohol is not a drug.
7. Wine is alcohol.
8. Drug usage cannot give you better grades, make you happier or fix your life.
9. Everyone makes mistakes.
10. Happiness comes from reaching your own goals and helping other people.
11. Using alcohol under the legal age in your state, is against the law.
12. You have the right to say "NO" to anything you feel is wrong, dangerous or against the law.
13. It is legal to take steroids when competing in sports.
14. There are no side effects from steroid use.
15. Drug and alcohol usage will not lead to other serious crimes.
16. People should be proud of their talents and skills.
17. Everything you eat or drink will affect your body and how it works.
18. Drugs and alcohol pollute your mind and body.
19. You cannot get "hooked" on cigarettes.

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20. Cigarettes do not contain drugs.

21. A drug pusher would never be another student.

22. Drug pushers or suspicious behavior should be reported to a grown-up you can trust.

23. The only way you take drugs is by swallowing them.

24. Drug users may be using dirty needles that spread other diseases.

25. "Over-the-counter" drugs are medicines your parents and other grown-ups can buy in stores for small problems like runny noses, coughing or headaches.

26. You should never give yourself any medicines, and only allow your parents to decide what is safe for you.

27. Stress can be both bad for you and good for you.

28. Almost no highway traffic accidents can be linked to alcohol.

29. Students who use drugs or alcohol, get bad grades and lose friends.

30. There is no cure for alcoholism.

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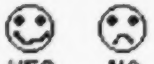
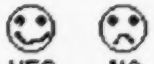
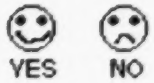
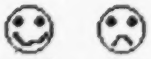
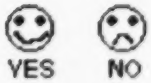
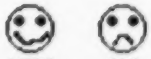
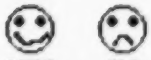
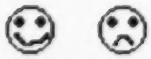
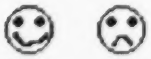
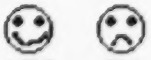
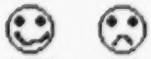
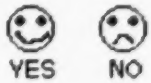
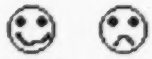
SPARKS DRUG AND ALCOHOL AWARENESS TEST FOR GRADE ONE

NAME_____ DATE_____

HAVE STUDENT CIRCLE OR COLOR THE SMILE FACE FOR YES IF THEY THINK THE SENTENCE IS TRUE AND THE FROWN FACE FOR NO IF THEY FEEL IT IS NOT TRUE.

1.  YES NO
2.  YES NO
3.  YES NO
4.  YES NO
5.  YES NO
6.  YES NO
7.  YES NO
8.  YES NO
9.  YES NO
10.  YES NO
11. YES NO
12.  YES NO
13.  YES NO
14.  YES NO
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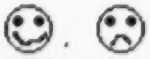
16.  YES NO
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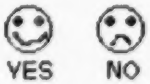
18.  YES NO
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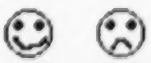
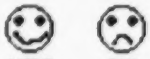
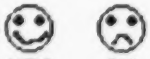
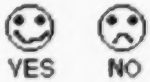
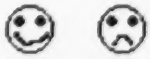
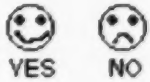
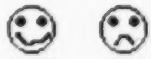
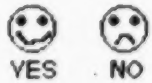
20.  YES NO
21.  YES NO
22.  YES NO
23.  YES NO
24.  YES NO
25.  YES NO
26.  YES NO
27.  YES NO
28. YES NO
29. YES NO
30. YES NO

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SPARKS DRUG AND ALCOHOL AWARENESS TEST FOR GRADE ONE

ANSWER KEY

FACILITATOR READS TO STUDENTS. STUDENTS CIRCLE "YES" , OR "NO", TO SHOW IF THEY THINK THE STATEMENT WAS TRUE OR FALSE.

TRUE	1.	Drug users may not be able to stop using drugs, no matter how hard they try, because drugs are addictive.
TRUE	2.	Drugs are chemicals.
TRUE	3.	You must take control over your life and your own body.
TRUE	4.	Setting goals for yourself will help you stay on track.
TRUE	5.	Alcohol and drugs will change the way you think and behave.
FALSE	6.	Alcohol is not a drug. **IT IS**
TRUE	7.	Wine is alcohol.
TRUE	8.	Drug usage cannot give you better grades, make you happier or fix your life.
TRUE	9.	Everyone makes mistakes.
TRUE	10.	Happiness comes from reaching your own goals and helping other people.
TRUE	11.	Using alcohol under the legal age in your state, is against the law.
TRUE	12.	You have the right to say "NO" to anything you feel is wrong, dangerous or against the law.
FALSE	13.	It is legal to take steroids when competing in sports. **IT IS NOT**
FALSE	14.	There are no side effects from steroid use. **THERE ARE**
FALSE	15.	Drug and alcohol usage will not lead to other serious crimes. **IT CAN**
TRUE	16.	People should be proud of their talents and skills.

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TRUE 17. Everything you eat or drink will affect your body and how it works.

TRUE 18. Drugs and alcohol pollute your mind and body.

FALSE 19. You cannot get "hooked" on cigarettes. **YOU CAN**

FALSE 20. Cigarettes do not contain drugs. **THEY DO**

FALSE 21. A drug pusher would never be another student. **IT CAN**

TRUE 22. Drug pushers or suspicious behavior should be reported to a grown-up you can trust.

FALSE 23. The only way you take drugs is by swallowing them. **YOU CAN INJECT, SNIFF**

TRUE 24. Drug users may be using dirty needles that spread other diseases.

TRUE 25. "Over-the-counter" drugs are medicines your parents and other grown-ups can buy in stores for small problems like runny noses, coughing or headaches.

TRUE 26. You should never give yourself any medicines, and only allow your parents to decide what is safe for you.

TRUE 27. Stress can be both bad for you and good for you.

FALSE 28. Almost no highway traffic accidents can be linked to alcohol. **THERE ARE MANY**

TRUE 29. Students who use drugs or alcohol, get bad grades and lose friends.

TRUE 30. There is no cure for alcoholism.

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